



# DO THE PRESCRIPTIONS YOU TAKE DEplete YOUR NUTRITIONAL STATUS?

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
<b>ANTACIDS/ULCER MEDICATIONS</b>		
Pepcid, Tagamet, Zantac, Prevacid,	Vitamin B12 Folic Acid	Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Prilosec, Magnesium & Aluminum antacids	Vitamin D Calcium Iron Zinc	Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart and blood pressure irregularities, tooth decay Anemia, weakness, fatigue, hair loss, brittle nails Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTIBIOTICS</b>		
Gentamycin, neomycin, streptomycin, cephalosporins, penicillins	B Vitamins Vitamin K	Short term depletion effects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas, bloating, decreases digestion and absorption of nutrients, and may also lead to a variety of other health problems.
Tetracyclines	Calcium Magnesium Iron Vitamin B6 Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Slow wound healing, fatigue, anemia Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, reduced sense of smell/taste, sexual dysfunction
<b>CHOLESTEROL DRUGS</b>		
Lipitor, Crestor, Zocor and others	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
<b>ANTI-DEPRESSANTS</b>		
Adapin, Aventyl, Elavil, Pamelor, and others	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Major Tranquilizers (Thorazine, Mellaril, Prolixin, Serentil and others)	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
<b>FEMALE HORMONES</b>		
Estrogen/Hormone Replacement Oral Contraceptives	Vitamin B6 Folic Acid Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B12 Vitamin C Magnesium Selenium Zinc	Depression, sleep disturbances, increased cardiovascular disease risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Depression, irritability, memory loss, muscle weakness, edema Problems with skin, eyes, mucous membranes and nerves Cracked, scaly skin, swollen tongue, diarrhea Anemia, depression, tiredness, weakness, increased cardiovascular risk Lowered immune system, easy bruising, poor wound healing Cardiovascular problems, asthma, osteoporosis, cramps, PMS Lower immunity, reduced antioxidant protection Weak immunity, wound healing, reduced sense of smell/taste, sexual dysfunction



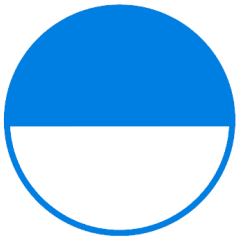
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<b>ANTICONVULSANTS</b>		
Phenobarbital and Barbiturates	Vitamin D Calcium	Osteoporosis, muscle weakness, hearing loss Osteoporosis, heart and blood pressure irregularities, tooth decay
Dilatin, Tegretol, Mysoline Depakane/Depacon	Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Birth defects, cervical dysplasia, anemia, cardiovascular disease Hair loss, depression, cardiac irregularities, dermatitis Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Depression, irritability, memory loss, muscle weakness, edema Blood coagulation, skeletal problems Anemia, fatigue, cardiovascular and connective tissue problems Lower immunity, reduced antioxidant protection Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
<b>ANTI-INFLAMMATORIES</b>		
Steroids: Prednisone, Medrol, Aristocort, Decadron	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium	Osteoporosis, heart and blood pressure irregularities, tooth decay Osteoporosis, muscle weakness, hearing loss Cardiovascular problems, asthma, osteoporosis, cramps, PMS Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Lowered immunity, easy bruising, poor wound healing Depression, sleep disturbances, increased cardiovascular disease risk Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, cardiovascular disease Lower immunity, reduced antioxidant protection Elevated blood sugar, cholesterol and triglycerides, diabetes risk
NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Aspirin & Salicylates	Vitamin C Calcium Folic Acid Iron Vitamin B5	Lowered immune system, easy bruising, poor wound healing Osteoporosis, heart and blood pressure irregularities, tooth decay Birth defects, cervical dysplasia, anemia, cardiovascular disease Anemia, weakness, fatigue, hair loss, brittle nails Fatigue, listlessness, and possible skin problems, liver and nerves
<b>DIURETICS</b>		
Loop Diuretics (Lasix, Bumex, Edecrin) Thiazide Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)	Calcium Magnesium Vitamin B1 Vitamin B6 Vitamin C Zinc Coenzyme Q10 Potassium Sodium	Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Depression, irritability, memory loss, muscle weakness, edema Depression, sleep disturbances, increased heart disease risk Lowered immunity, easy bruising, poor wound healing Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Various cardiovascular problems, weak immune system, low energy Irregular heartbeat, muscle weakness, fatigue, edema Muscle weakness, dehydration, memory problems, loss of appetite



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<b>CARDIOVASCULAR DRUGS</b>		
Antihypertensives (Catapres, Aldomet)	Coenzyme Q10 Vitamin B6 Zinc Vitamin B1	Various cardiovascular problems, weak immune system, low energy Depression, sleep disturbances, increased cardiovascular disease risk Weak immunity, wound healing, sense of smell/taste, sexual dysfunction Depression, irritability, memory loss, muscle weakness, edema
ACE Inhibitors (Capoten, Vasotec, Monopril and others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
<b>DIABETIC DRUGS</b>		
Metformin	Coenzyme Q10 Vitamin B12 Folic Acid	Various cardiovascular problems, weak immune system, low energy Anemia, depression, tiredness, weakness, increased cardiovascular risk Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
<b>ANTIVIRAL AGENTS</b>		
Zidovudine (Retrovir, AZT and other related drugs)	Carnitine Copper Zinc	Increased blood lipids, abnormal liver function and glucose control Anemia, fatigue, cardiovascular and connective tissue problems Weak immunity, wound healing, weak sense of smell/taste, sexual dysfunction
Foscarnet	Vitamin B12 Calcium Magnesium Potassium	Anemia, depression, tiredness, weakness, increased cardiovascular risk Osteoporosis, heart and blood pressure irregularities, tooth decay Cardiovascular problems, asthma, osteoporosis, cramps, PMS Irregular heartbeat, muscle weakness, fatigue, edema



SOURCE: DRUG-INDUCED NUTRIENT DEPLETION HANDBOOK, 2nd EDITION